



## Welcome to the SPCF Newsletter

July 2023

Our newsletters will contain details of events, information, surveys or anything else we think would be good to share with you all. This edition will look at:

- Meeting Feedback
- Feedback Methods
- Activities Unlimited Activity Guide
- Suffolk Libraries
- SENDIASS in Suffolk
- Suffolk Family Carers
- LiquidLogic Presentation
- Suffolk Family Hubs
- A message from Linden House
- Half Term Opening Hours

### Meeting Feedback

In order to increase our transparency and information sharing with parent carers we continue to provide these monthly updates published on our website. The summaries can be found here: [Meeting Updates](#). The minutes and paperwork for the SEND Accountability Board and SEND Programme Board are now being uploaded by Suffolk County Council for public access. They had some initial issues in regards to uploading some of the files which we believe has now been rectified. If members come across any issues, please do let us know so we are able to inform them. The documents can also be found on the above link.

### Feedback Methods

We want to ensure that providing feedback is as private as possible so we have devised a feedback section on our website which is always available to receive feedback. It can be found here: [www.suffolkpcf.co.uk/feedback/](http://www.suffolkpcf.co.uk/feedback/)

Members (and non-members) are also able to message the Facebook page: [www.facebook.com/suffolkpcf](http://www.facebook.com/suffolkpcf) , or email: [info@suffolkpcf.co.uk](mailto:info@suffolkpcf.co.uk).

We have also devised a Feedback Form for Professionals and Voluntary Sector colleague who support parent carers. It can be found on the website or directly via this link: [Feedback](#)



## Activities Unlimited Activity Guide

Welcome to our [2023/24 Provider Activity Guide!](#)

Here at Activities Unlimited, we give grants to activity providers around Suffolk each year to support them in providing fun and inclusive short break activities for children and young people with additional needs and disabilities.

More information about each provider can be found on the link for each listing in the guide. There's some information outlining the activities and a guide to the support levels at each, alongside details to enable you to get in touch with providers directly.



Holiday Free school meal places!

Where you see this symbol, the activity provider has signed up to the Holiday Activities and Food Programme - this means that free places and meals may be available during the Christmas, Easter and summer school holidays each year for families eligible for free school meals.

Lastly, we're always on the lookout for new providers and activities, so if you know of (or if you are) an organisation who provides inclusive activities, we'd love to get to know you! Drop us a line at [aprovision@suffolk.gov.uk](mailto:aprovision@suffolk.gov.uk)

The Activities Unlimited Team

Did you know?

When on the [Activities Unlimited Website](#), if you click on the: **'What are Short Breaks / What's available?'** drop down, it will show you a Google calendar with all the booked Activities Unlimited Events.



## Suffolk Libraries

Did you know that there's a whole host of events that happen at libraries around the county? Visit the [Suffolk Libraries UK What's On](https://www.suffolklibraries.co.uk/whats-on) page for details on the courses, groups, play sessions and more coming up near you:

<https://www.suffolklibraries.co.uk/whats-on>

Including Blank Page Activities: <https://www.suffolklibraries.co.uk/whats-on/annual-events/blank-page>

### Creative workshops with Poppy Stevens at Beccles Library

Join us for interactive creative workshops with artist Poppy Stevens for 10-16 year olds at Beccles Library.

Tue 25 Jul - Fri 28 Jul 2023, 10:00 - 15:00 - Beccles Library - Free entry - Booking required



### Creative workshops with Sian Burford-Thomas at Chantry Library

Join us for interactive creative workshops with artist Sian Burford-Thomas for 10-16 year olds at Chantry Library.

Tue 25 Jul - Fri 28 Jul 2023, 10:00 - 15:00 - Chantry Library - Free entry - Booking required



### Creative workshops with Carl Mynott at Haverhill Library

Join us for interactive creative workshops with artist Carl Mynott for 10-16 year olds at Haverhill Library.

Thu 27 Jul - Thu 17 Aug 2023, 10:00 - 15:00 - Haverhill Library - Free entry - Booking required



### Creative workshops with Dean Parkin at Lowestoft Library

Join us for interactive creative workshops with artist Dean Parkin for 10-16 year olds at Lowestoft Library.

Mon 31 Jul - Fri 4 Aug 2023, 10:00 - 15:00 - Lowestoft Library - Free entry - Booking required



### Creative workshop with Dean Parkin at Beccles Library

Join us for an interactive creative workshop with artist Dean Parkin for 10-16 year olds at Beccles Library.

Tue 1 Aug 2023, 10:00 - 15:00 - Beccles Library - Free entry - Booking required



### Creative workshops with Kirsty Tallent at Chantry Library

Join us for interactive creative workshops with artist Kirsty Tallent for 10-16 year olds at Chantry Library.

Tue 1 Aug - Fri 4 Aug 2023, 10:00 - 15:00 - Chantry Library - Free entry - Booking required



### Creative workshops with Lily Hammond at Stowmarket Library

Join us for interactive creative workshops with artist Lily Hammond for 10-16 year olds at Stowmarket Library.

Tue 1 Aug - Fri 4 Aug 2023, 10:00 - 15:00 - Stowmarket Library - Free entry - Booking required



### Creative workshops with Gillian Allard at Gainsborough Library

Join us for interactive creative workshops with artist Gillian Allard for 10-16 year olds at Gainsborough Library.

Wed 2 Aug - Fri 4 Aug 2023, 10:00 - 15:00 - Gainsborough Community Library - Free entry - Booking required



### Creative workshop with Hazel Garrity at Bungay Library

Join us for an interactive creative workshop with artist Hazel Garrity for 10-16 year olds at Bungay Library.

Thu 3 Aug 2023, 10:00 - 15:00 - Bungay Community Library - Free entry - Booking required



### Creative workshops with Chris James at Haverhill Library

Join us for interactive creative workshops with artist Chris James for 10-16 year olds at Haverhill Library.

Thu 3 Aug - Thu 24 Aug 2023, 10:00 - 15:00 - Haverhill Library - Free entry - Booking required





## SENDIASS in Suffolk

The SENDIASS helpline is open 9am to 5pm Monday to Thursday, and 9am to 4pm on Friday: 01473 265210 or Text ADVICE4ME to 87007

You can also subscribe to their [YouTube channel](#), [Suffolk Sendiass](#), where they have over 50 videos containing information on a variety of topics.

You can also find a lot of information on the [Sendiass website](#). Including the Events Calendar with details of all the upcoming training events: [Events](#)



## SUFFOLK SENDIASS SUMMER ARRANGEMENTS

**Our service will remain open over the  
summer break, Monday to Friday.**

**We hope you have a great summer and get to  
enjoy time with your families.**

**The Suffolk SENDIASS team.**

Special Educational Needs  
and Disability Information,  
Advice & Support Service

**sendiass**



## Suffolk Family Carers

Working together to ensure family carers are visible, valued, supported and connected.

For over 30 years Suffolk Family Carers (SFC) have been helping family carers of all ages across Suffolk get the support they need to live fuller lives. We provided information, advice and support to thousands of family carers each year.

With the summer holidays approaching we would like to share the following with parent carers.

Our Ipswich summer holiday activities are already full but we still have spaces in Bury St Edmunds, Felixstowe and Saxmundham.

These activities are for whole families with children up to the age of 11.

[Events from August 16 – July 25 > Summer Holidays > – Suffolk Family Carers](#)

Additional events – including those for carers can be found via the events page: <https://suffolkfamilycarers.org/events>

## **SFC Newsletters**

Please find the link to our July/Aug Bulletin here: [SFC-NDD-Bulletin-July2023-V1.pdf \(suffolkfamilycarers.org\)](#)

Current and previous can be found on our website [Newsletters | Suffolk Family Carers](#)

## LiquidLogic Presentation

During our Open Forum Event in Bury, the LiquidLogic team attended with a presentation to share with parent carers. We would like to share the presentation with those who could not attend the event.

Please follow the link: [Presentation](#)

The presentation covers the portal use for the currently Education, Health & Care Needs Assessments (ECHNAs) and the proposed use for Annual Reviews.



## Suffolk Family Hubs

Please find attached our summer activities flyer for children and families in Suffolk.



# 0-11 YEARS SUMMER FUN AT THE FAMILY HUBS



FREE EVENT No need to book.  
Suitable for everyone 0-11 Years

Tuesday 15th August  
10am-11.30am

Dragonflies Family Hub - Halesworth  
Wissett Road  
Halesworth  
Suffolk  
IP19 8BT

Wednesday 23rd August  
10am-11.30am

The Ark Family Hub  
Waterlane  
Lowestoft  
Suffolk  
NR32 2NH

Wednesday 30th August  
10am-11.30am

Kirkley Family Hub  
Kirkley Street  
Lowestoft  
Suffolk  
NR33 0LU

### Activities

Outdoor Activities  
Sports Day Style Fun  
Water Play  
Emotion Activities  
Relaxation & Mindfulness Zone  
Baby Area  
Arts & Crafts  
Window Art  
Bird Feeders  
& lots more





A message from Linden House

Linden house in Bury St Edmunds are running a club throughout the summer holidays for children aged 8-18 years. All activities are free and there is no need to book 😊

## 24TH - 27TH

**monday**  
10:00-12:30  
Games Room Morning  
13:00-16:00  
Arts & Crafts

**wednesday**  
10:00-12:30  
Smoothie Making  
13:00-16:00  
Music Afternoon

**tuesday**  
10:00-12:30  
Just Dance  
13:00-16:00  
Quiz Afternoon

**thursday**  
10:00-12:30  
Foosball Tournament  
13:00-16:00  
Fitness Afternoon

@lindenhouseuk

## 7TH - 10TH

**monday**  
10:00-12:30  
Games Room Morning  
13:00-16:00  
Arts & Crafts

**wednesday**  
10:00-12:30  
Giant Hide & Seek  
13:00-16:00  
Music Afternoon

**tuesday**  
10:00-12:30  
Smoothie Making  
13:00-16:00  
Scavenger Hunt

**thursday**  
10:00-12:30  
Air Hockey Tournament  
13:00-16:00  
Fitness Afternoon

## 31ST - 3RD

**monday**  
10:00-12:30  
Games Room Morning  
13:00-16:00  
Arts & Crafts

**wednesday**  
10:00-12:30  
Quiz Morning  
13:00-16:00  
Juice Kitchen

**tuesday**  
10:00-12:30  
Guest Workshop  
13:00-16:00  
Treasure Hunt

**thursday**  
10:00-12:30  
FIFA World Cup  
13:00-16:00  
Fitness Afternoon

@lindenhouseuk

## 14TH - 17TH

**monday**  
10:00-12:30  
Games Room Morning  
13:00-16:00  
Arts & Crafts

**wednesday**  
10:00-12:30  
Kahoots and Board Games  
13:00-16:00  
Music Afternoon

**tuesday**  
10:00-12:30  
Guest Workshop  
13:00-16:00  
Escape Room Game

**thursday**  
10:00-12:30  
Table Tennis Tournament  
13:00-16:00  
Fitness Afternoon



A message from Linden House...continued

**21ST - 24TH**

<b>monday</b> 10:00-12:30 Games Room Morning 13:00-16:00 Arts & Crafts	<b>tuesday</b> 10:00-12:30 Giant Hide&Seek 13:00-16:00 Quiz Afternoon
<b>wednesday</b> 10:00-12:30 Just Dance 13:00-16:00 Music Afternoon	<b>thursday</b> 10:00-12:30 FIFA World Cup 13:00-16:00 Fitness Afternoon

**WEEK FIVE**

@lindenhouseuk

**28TH - 31ST**

<b>monday</b> 10:00-12:30 Games Room Morning 13:00-16:00 Arts & Crafts	<b>tuesday</b> 10:00-12:30 Guest Workshop 13:00-16:00 Treasure Hunt
<b>wednesday</b> 10:00-12:30 Table Tennis Tournament 13:00-16:00 Music Afternoon	<b>thursday</b> 10:00-12:30 Juice Kitchen 13:00-16:00 Fitness Afternoon

**WEEK SIX**

@lindenhouseuk

For more information, contact [lindenhouse@accessct.org](mailto:lindenhouse@accessct.org) or 07552528594.

SPCF Summer Holiday Opening Hours

The SPCF team will be taking a break over the summer holidays. We will be closing on Friday 21<sup>st</sup> July 2023 and reopening on Monday 4<sup>th</sup> September 2023.

On our return we will respond to all emails, phone calls/voicemails and social media messages so please bear with us if there is a delay in getting a response.

We hope that you all manage to have a nice break and the sun continues to shine!